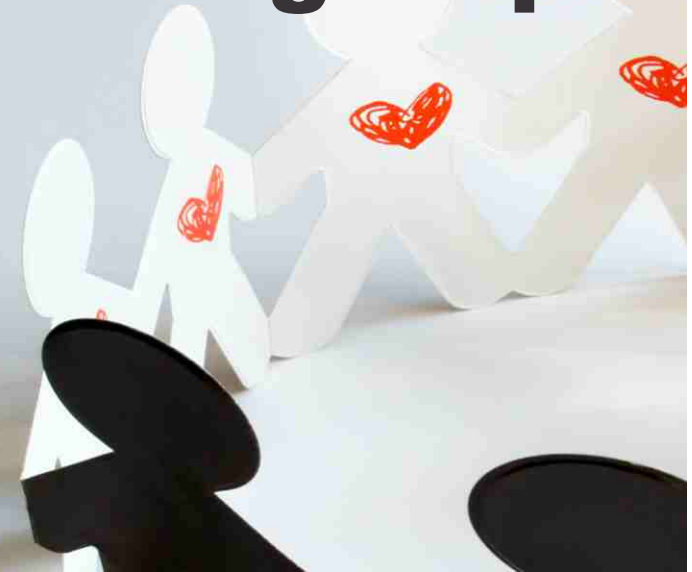


VCAC - Fraser Lands Church
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fraser lands small groups



a time for... spiritual growth

building prayer

a caring accountability

community fellowship

friendship

2011/2012



purpose

Do you know that our Lord has called us to a journey that is not to be travelled alone?

Many of us yearn to have close friends. The kind of friends who would understand and care about you, listen to you, accept and value you the way you are & with your best interests at heart. Do such people actually exist in the church?

The Small Group ministry provides an environment that you can cultivate Christian friendship and fellowship in Christ. It is about genuine and authentic relationships. It is about bearing one another's burdens. It is about sharing one another's joys. Finally, it is about building one another up in Christ.

It is our prayer that you will find deepened fellowship and spiritual growth in a small group and experience the blessings that God has planned for you. You will bless and be blessed by those around you.

“Over fifty times in the New Testament the phrase ‘one another’ is used to describe our relationship to other believers. We are instructed to love one another, encourage one another, pray for one another, accept one another, bear one another’s burdens and build up one another.”

what is a small group?

There are a number of small groups in our church. Typically each group consists of 10-12 people who regularly meet at various members' homes. A typical meeting may consist of singing praises, studying, learning, serving, sharing, praying and refreshments. It is a common understanding amongst the group members to respect sharing in confidence. Many groups host special events and enjoy social outings and retreats together.

There are different types of group settings to meet the diverse needs of our church. These may include: Seekers groups, Nurture groups, Family groups, Women's groups, Men's groups, Mixed groups, Young Couples groups, Older Couples groups, Discipleship groups, Special Topic groups, College groups, and Career groups.

how to join a group?

You may join a small group anytime of the year. Enclosed are descriptions of the different groups available this year. Take your time to read through the material to find a group that will meet your needs. Please fill out the sign-up form and drop it off at the designated box or at the info counter.

If you have any questions regarding Small Groups please call or e-mail our Small Group Coordinator.

Pastor Abe Chan (604) 451-5449 ext. 109

E-mail contact: abe_chan@vcac.bc.ca

For further details and small group information updates please check out our church website at www.vcac.bc.ca. Go to the Fraser Lands English congregation homepage and check out our Small Groups link.

group descriptions

The following are the 17 small groups being offered this year:

Young Adult Groups:

1. Young Adult Group 1 - H₂O
2. Young Adult Group 2 - Renew
3. Young Adult Group 3 - DUST 2012

Adult Groups for all:

4. Trekkers
5. Light House
6. Mosaic Bible Study
7. Gen Xer's to Boomers
8. LIFE - Living In Faith Everyday
9. Rhema - Word of God
10. Women of Faith

Young Married Couples Altogether Groups (YMCA):

11. YMCA 1
12. YMCA 2
13. YMCA 3

Couples & Family Groups:

14. Dinner Club
15. Families with Elementary School-Aged Children
16. Families with Adolescent and College-Aged Children
17. Cornerstones



1. Young Adult Group 1 - H₂O

Topic: Book of Hebrews. A hymn writer once wrote "If just a cup of water I [Jesus] place within your hand. Then just a cup of water is all that I demand." In our busy lives it's easy to tell Christ that we have nothing left to give. Yet all Jesus desires are our hearts and He will fill us to serve Him. We may not know how to serve God but if we have the heart to offer ourselves to Him, God will show us the way.

H₂O is a group dedicated to seeking God's will and learning how to serve Him! Through the study of Hebrews we will learn more about the incomparable beauty of Christ and how we can run this race on earth serving Him. Members are expected to attend regularly, participate actively, serve willingly, and grow in fellowship with each other.

Group Leaders: Joyce Law & David Fung

Meeting Time: Friday evenings
at 7:30 pm to 10 pm
3 - 4 times a month

Location: Various homes in Vancouver

Participants: Young Adults

Group Status: Open to new members



2. Young Adult Group 2 - Renew

Our general goal is to sharpen each other as iron sharpens iron (Proverbs 27:17). Let us form a community where some are weak and some are strong. Where we can share both our greatest successes and failures.

We will adapt the group based on who we have in order to help us reach our full potential together. In faith, in knowledge, in service, in a heart after God. If we need spiritual growth and discipleship we will focus on that. If we get too comfortable or complacent we will begin to step out! We believe a strength of meeting together is the flexibility to tailor the group based on specific individual needs of our members.

Normally we will start each evening with some praise and worship followed by a study together and some snacks. We will have a variety of other events, hopefully organized by group members throughout the year.

To start we will follow the sermon series. We can also try a video series. We would like people in the group to take part in discussion and leading studies as well.

"Come as you are, be open to change"

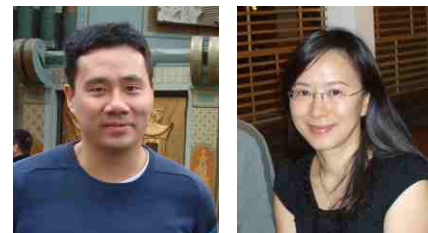
Group Leader: Jonathan Young
Helper: Venus Ip

Meeting Time: Friday evenings
every two weeks

Location: South Vancouver / Fraser Lands

Participants: Young Adults

Group Status: Open to new members



3. Young Adult Group 3 - DUST 2012 Disciples Under Spiritual Transformation

Theme: NOM NOM NOM!

How many different dishes can you name... that have God as their main ingredient? This group doesn't just love to cook and eat all kinds of food, it hungers too... for God - our daily bread, the living water of life.

This year we will be studying some of the 200+ "names" of God. One of our resources will be "Knowing God by His Names" by Dick Purnell, a "31 day Bible Study" that will be covered over thirty-one weeks. Along the way, we'll have our cake and eat it too!

Members should have a passion for food (spiritual) and are **required** and **expected** to actively participate and take ownership of the group (e.g. leading Bible Studies, planning, helping with praise and worship, etc.).

Group Leader: Edward Ho
Meeting Time: Friday nights at 7:30 pm
3-4 times a month
Location: Various homes
Participants: Young adults
Post-university /
college to early career
Group Status: Open to returning alumni
and new members (space permitting)



4. Trekkers

What is discipleship? What does being a disciple of Jesus look like?
Are you thirsting for more in your walk with God?

We invite you to Trek along with us in a journey to discover the glorious call that Jesus has for each of us. This group is for committed and open-hearted Christians at all stages of their walk who desire a supportive and growth-oriented environment to truly follow Jesus.

Diving into the riches of the Word of God...
Engaging in prayer and deeper fellowship with one another
Breaking bread together...
Participating in fun group activities indoors and out...
We hope to Trek in the Lord with you this year!

Bible study topic: Peter and his walk with Christ, 1 Peter

Group Leaders: Nathan & Denise Wong
Jason & Connie Leong
Meeting Time: Every Friday @ 7:30 pm
Location: Various homes
Participants: Singles, dating couples
& married couples with no children
Group Status: Open to new members



5. Light House

We are Christians built on the rock of Jesus Christ and called to be salt and light. Do you want to be true salt and light? Join us as we study the bible and learn what it means to be disciples of our Lord. Meetings will focus on bible study, prayer and fellowship creating a caring community focused on spiritual growth. Come and join us be salt and light!

Group Leaders: Patrick & Nina Quon
Meeting Time: Fridays at 6:30 pm
Location: North Burnaby
Participants: Singles & married couples
Group Status: Open to new members



6. Mosaic Bible Study

Sermon-based study on the Book of Daniel. We welcome any one who is interested in a midweek bible study. Our desire is to have a multi-generational group who is wanting to study the Bible together and wanting to walk with each other, caring and praying for each other's needs. We have two young kids happily waiting to greet you at the door and welcome you to our study.

Group Leaders: Nicholas & Linda Kilpatrick
Meeting Time: Thursday evenings
at 7:30 pm
3 times a month
Location: Home near Fraser Lands
Participants: Everyone welcome
Group Status: Open to new members



7. Gen Xer's to Boomers

We will discuss topics on everyday Christian living. The book to be determined. We will be meeting twice a month at various locations.

Group Leaders: Bill & Helen Mar
Meeting Time: Twice monthly
Location: Various homes
Participants: Everyone welcome
Group Status: Open to new members



8. LIFE - Living In Faith Everyday

Challenges & problems are a constant thing in our lives. Facing life's difficult times together with God in our lives will help us grow and live in our faith in action. This group is for those who want to study God's word together; to share our life challenges and struggles with one another; to support and pray for one another; and to build a loving friendship with one another.

Topic: We'll be using the workbook Building Character Together: Faith - "living a transformed life" by Brett and Dee Eastman, Todd and Denise Wendorff, combining bible study, discussion and shared experiences to explore the complex issues of developing Christian character. Members rotate in leading study, songs and bringing snacks.

Group Leader: Esther Ng
Meeting Time: Twice a month, Friday
evenings at 7:30 pm
Location: Various homes
Participants: Everyone welcome
Group Status: Open to new members



9. Rhema (hray'-mah) - Word of God

Topic: 1 Peter and James

This women's group is for all who seek to have a strong relationship with Jesus and to live out the calling of being salt and light in a supportive and growth orientated environment. Bible study, prayers and fellowship are the focus.

Group Leaders: Cindy Ho, Janet Soo and Lulu Tan

Meeting Time: Friday evenings at 7:30 pm

Location: Various homes

Participants: Women

Group Status: Open to new members



10. Women of Faith

"Extraordinary Faith" - A bible study from the Women of Faith series. Join us as we study God's Word together, but more importantly, to support each other through life's ups and downs. Laughter guaranteed! All women are welcome.

Group Leaders: Jean Low & Pauline Wong

Meeting Time: Saturdays at 7:00 pm,
twice a month

Location: Home near Fraser Lands

Participants: All women,
Christians or seekers

Group Status: Open to new members



11. YMCA 1

This is one of the YMCA groups - Young Married Couples Altogether. Topic: "Fireproof Your Marriage" will challenge you to love better, to love first, and to love for a lifetime! Founded on biblical principles.

Group Leaders: Tombert & Joyce Chen

Meeting Time: Every other Friday
evenings at 7 pm

Location: Various homes in
Richmond & Vancouver

Participants: Couples with young children

Group Status: Currently full



12. YMCA 2

We are one of the YMCA small groups for families with infants, toddlers, or preschoolers. The purpose of the group is to build lasting and authentic relationships with one another, to encourage spiritual growth in our families, to build hope and grace in our homes, and to encourage each other through accountability and prayer.

We will be dividing into men's and women's groups during our meeting times in order to devote some quiet time apart from the children. During this time we will discuss topics related to each chapter of the book, and have a time of sharing and prayer. Family fellowship will follow as we will plan to have dinner together afterwards.

Topic: Men's spiritual growth topics; The Missional Mom (Helen Lee) - <http://themissionalmom.com>

Group Leaders: Clifford & Libby So

Meeting Time: Saturdays at 3:30 pm, twice a month

Location: Richmond & various homes

Participants: Families with infants, toddlers, preschoolers

Group Status: Open to new members



13. YMCA 3

This small group is for young married couples with young children. The focus of this group is to support one another in prayer and fellowship, to deal with challenges in parenting through individual spiritual growth and working to establishing strong marriages. Meetings will be twice a month and they will alternate between prayer/sharing and the book study. There will also be group activities such as potlucks and picnics for fellowship opportunities. Topic: TBA - Parenting or Marriage.

Group Leaders: Andy & Michelle Wong

Meeting Time: Saturdays, twice monthly
Studies at 6:45 pm
during Awana time
Potlucks monthly at 5 pm

Location: Fraser Lands Church

Participants: Young married couples
with young children

Group Status: Currently full



14. Dinner Club

This is an outreach group geared for couples with teenage children. We will be going through a DVD series with a focus on Marriage and teens hosted by Pastor Mark Gungor with a work book.
"A beloved pastor and motivational speaker uses his unique blend of humor and truth to empower couples with the tools they need to forge a more perfect union."

Group Leaders: Lun & Kay Wang
Meeting Time: Sundays at 5:30 pm,
twice a month
Location: Various homes
Participants: Married couples
with teenage children
Group Status: Open to new members



15. Families with Elementary School-Aged Children

Topic: Life Guide Bible Study: Parables - The Greatest Stories Ever Told. This is a group for families with elementary school-aged children. We are currently studying the parables of Jesus and enjoying exploring together the message Jesus is sharing with us through His stories. We meet on Fridays twice a month at 7:30 pm.

Group Leaders: Anthony & Miranda Chan
Meeting Time: Fridays at 7:30 pm,
twice a month
Location: Various homes in Vancouver
Participants: Families with elementary
school-aged children
Group Status: Open to new members



16. Families with Adolescent and College-Aged Children

This small group is comprised of families with children ranging from 'tweens' to young adults. The group has a emphasis on relationship building. The focus of our group studies switch back and forth between "parenting" and "marriage" topics. Last year the group started a study based on the book "Like Dew Your Youth: Growing Up with Your Teenager". This year, we will pick up where we left off and complete the study before moving on to a new study (topic to be determined).

Group Leaders: Tom & Mavis Ho
Meeting Time: First Friday of every month
7:30 pm - 10:00 pm
Location: Fraser Lands Church
Participants: Families with adolescent
and college-aged children
Group Status: Currently full



17. Cornerstones

"Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the Day approaching."

- Hebrews 10:23-25

Our goal is to work towards deep sharing, transparency and accountability with each other. There will be special event celebrations, potlucks and combined meetings with other small groups in practicing Christian community building and mutual edification.

For this coming year, we will continue our study of the Book of Hebrews.

Group Leaders: Dave & Grace Yu
Jamie Lai

Meeting Time: 2nd & 4th Saturday evenings
@ 7:45 pm

Location: Various homes

Participants: Baby Boomers
(aka mature adults)

Group Status: Open to new members

